



| WEEK 2 | MEAT FREE MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------------------|--|---|---|--|
| MAIN DISH | Vegetarian Bolognese | Beef Cheeseburger with Herby Potatoes | Tandoori Chicken with Sunshine Rice | Sausage, Mash, Yorkshire Pudding & Gravy | Fish of the day with Chips |
| VEGETARIAN MAIN DISH | Tomato & Basil Pasta | Veggie Burger with Herby Potatoes | Tandoori Quorn Chicken with Sunshine Rice | Quorn Sausage, Mash, Yorkshire Pudding & Gravy | Quorn Dippers with Chips |
| ACCOMPANIMENTS  | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar | Seasonal vegetables Salad bar |
| DESSERTS | Choc Chip Muffin | Fruity Jelly  | Artic Roll | Cherry Shortbread  | Fresh Fruit Friday  |
| FRESH FRUIT OR YOGHURT  | Fresh fruit or yoghurt | Fresh fruit or yoghurt | Fresh fruit or yoghurt | Fresh fruit or yoghurt | Fresh fruit or yoghurt |
| SANDWICHES/PASTA/WRAP | Jacket Potato with Cheese/Beans | Sandwiches with Cheese/Ham/Tuna | Cheese & Bean Wrap | Sandwiches with Cheese/Ham/Tuna | Vegetarian Pasta Bake |



MENU



Variety is the key to a healthy diet, try something new today!



- MEAT FREE MONDAY



- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE